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*Fort Jackson dining facilities
Thanksgiving meal times
can be found on Page 14.*

The Fort Jackson Leader

Post opens gates to community in outreach tour

Susanne Kappler
Leader Staff

Bad weather forced changes in the itinerary of the first Community Outreach Tour Friday, but it did not stop the 36 Midlands-area residents from learning about their neighbors on Fort Jackson.

“We wanted to ‘open the gate’ of this historic post to show the citizens of this area all of the great things that are happening on Fort Jackson,” said Col. Jeffrey Sanderson, Fort Jackson chief of staff, who briefed the visitors on the installation’s mission. “We are very proud of our ability to transform citizens into Soldiers,

and in talking with the community, we realized that lots of folks from the surrounding communities had not been on Fort Jackson in quite some time. Our community outreach initiative is designed to show our citizens what America’s Army is doing behind the gates.”

After learning general facts about Fort Jackson, the visitors watched the graduation ceremony of companies A and B of the 1st Battalion, 13th Infantry Regiment.

“The ceremony was very impressive,” said Hacky Pitts, who participated in the tour with her husband Thomas Whitaker. “I’m glad we came on a day when they were having graduation. I’d

come back.”

The tour members were scheduled to observe training at Victory Tower and the Engagement Skills Trainer 2000, but both events were cancelled because of thunderstorms. Instead, the group embarked on a bus tour of the training areas on post and made an extended stop in the 2nd Battalion, 39th Infantry Regiment barracks. Sgt. 1st Class Matthew Timms, a drill sergeant with the battalion, informed the guests about Basic Combat Training and life in the barracks.

*See **Tours** Page 4*

COMMANDERS' CORNER

From the Commanding General

Outreach tours offer a glimpse of Fort Jackson



Brig. Gen. May

Let's just say that it's all part of being a good neighbor. I am referring to the Community Outreach Tours, which began this past week here on post. The tours are designed to provide local citizens an up-close, personal glimpse of what we do here at the Army's Basic Combat Training Center of Excellence, and I can't say how pleased I am to see that the initial response was terrific.

Basically, the program has been started so that the average Greater-Columbia-area citizen can get a better understanding of

what is going on down the street at the Army's largest Initial Entry Training installation. Each month, a five-hour tour will be given, providing an overview of the day-to-day operations of BCT.

Participants get the opportunity to attend a BCT graduation, observe Soldiers training, learn to fire the M-16A2 simulator, and eat in an Army dining facility. They also have an opportunity to ask a lot of questions. And questions are what we want, because we are proud of what we do. As part of the Columbia community, the leaders on Fort Jackson want our neighbors to be able to share in that pride.

Fort Jackson has been transforming citizens into Soldiers for nearly a century. The post has a special place in the hearts

of Soldiers and family members. It is difficult to talk to a veteran anywhere in the United States who does not have stories to share about Fort Jackson and Columbia.

I am amazed by the outpouring of support the greater Columbia community provides to Fort Jackson, its Soldiers and family members. We wanted to open the gates of this historic post to show the citizens of this area all the great things that are happening on Fort Jackson. We are very proud of our ability to transform citizens into Soldiers.

Coincidentally, the genesis of the program began with talking to the community. In just chatting with members of the community, we realized that there are a lot of people in our area who had not been on

post in quite some time. This community initiative is designed to show our citizens what America's Army does on the other side of the gates.

Visitors will leave with an appreciation of the Army, its men and women. Veterans will see the changed methods of training, equipment and updated technology, and leave the Basic Combat Training Center of Excellence with a new sense of pride.

This initiative also falls in line with the goals of the Army's Community Covenant, which is designed to foster state and community partnerships with the Army and to improve the quality of life for Soldiers and Families, both at current duty stations and as they undergo permanent changes in station.

Ask the Garrison Commander

DD Form 214; interservice awards; assignments

Q What is a DD Form 214?

A The DD Form 214 (Certificate of Release from Active Duty) is a summary of a Soldier's most recent period of continuous active duty. It provides a brief, clear-cut record of active duty service at the time of release from active duty, retirement, or discharge.

Q My wife and I enjoy frame making and other arts and crafts activities. Is there any place on post that offers classes and opportunities for us to display our projects?

A FMWR offers an arts-and-crafts program that is located at the MG Robert B. Solomon Center. Classes offered include beginner framing, mosaics and scrapbooking. For more information on the arts-and-crafts program, call 751-4168.



Col. Dixon

Q I'm in the Navy and I work on Fort Jackson. Can I be recommended for an award from the Army?

A In accordance with Army Regulation 600-8-22 (Military Awards), paragraph 1-37, peacetime awards of the Meritorious Service Medal, Army Commendation Medal, and Army Achievement Medal to a member of another military service permanently assigned to the Army may be approved by the award approval authority of the Army without concurrence from the other service concerned. Likewise, members of the Army permanently assigned to other U.S. service units may be awarded other service decorations (MSM and below) without seeking concurrence from the Army. A copy of the approved award will be forwarded to the respective other service's awards office for permanent records keeping. Recommendations for award of the Legion of Merit and above will be submitted to the service member's parent service for consideration and processing.

Q I have a personal issue that requires a change in my report date to my new assignment. Should I request a deferment or deletion of assignment?

A MILPER Message 08-147 states: "If a disqualifying factor can be resolved within 120 calendar days of the report month, deferment rather than deletion should be requested." Discuss the matter with your chain of command, then submit your request to the Personnel Strength Management Work Center, Reassignment Section. Human Resources Command will be the final approval authority.

Garrison Fact of the Week

To lose weight you must eat on a regular basis. Skipping meals is a guaranteed way to sabotage your efforts in the world of weight loss. Small meals spread throughout the day keep your metabolism going, allowing you to burn body fat efficiently and effectively.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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To submit articles, story ideas or announcements for the community page, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail

fjleader@conus.army.mil.

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NEWS

Web site aims to connect wounded veterans

Crystal Lewis Brown
Leader Staff

While completing his U.S. Army War College fellowship at Harvard University last year, Col. Karl D. Reed — now the 171st Infantry Brigade commander — said he was disturbed by the number of veterans he met who exhibited symptoms of traumatic brain injury and post traumatic stress disorder.

Reed's experience so concerned him, he spent his fellowship researching what he calls the "invisible wounds of war," even publishing an article that he hopes will make changes in testing for TBI and PTSD. But still, that was not enough.

"When I was in Boston, I saw a lot of homeless (veterans). And a lot of them are from this war," he said. "What I realized is we have a lot of veterans getting out of the Army and there's no support for them."

Creating that support, said Reed, is what he plans to do.

Beginning next year, Reed — with the help of some community partners — plans to begin what he calls the "Wounded Warrior Connection."

The Wounded Warrior Connection will be a sort of so-

cial networking Web site for local veterans who may suffer from TBI, PTSD or other forms of injury. Reed envisions a site where veterans will register to be updated and invited to community events. Once they have linked up online, they will have an opportunity to meet up individually or as a group offline.

He hopes the site will fill a void for many young veterans in Columbia and the surrounding area.

"Although there are a lot of great groups out there, there are a lot of people in this younger generation who don't connect with them," he said. "I think there has to be a connection somehow and someone has to be a conduit for that."

Already, Reed has developed contacts with the William Jennings Bryan Dorn VA Medical Center to identify and refer those who may be interested in participating in the connection.

He has also partnered with Mike Murphy, owner of Columbia-based software company AIG Technology.

Murphy, who started the football ticket donation site www.ticketsforcombatvets.com with partner Robert Satcher, said that when Reed approached him about help-

ing with the project, it was an easy decision.

"I believe that veterans deserve everything we can give them," he said. "(Col. Reed) told me he wanted to do something for the wounded warriors and I'm all for that."

Murphy's company will create, host and maintain the site once it is up and running. The site has not yet been named, but Reed said he expects it to be online by the first of the year.

As with any other partners Reed recruits for the project, Murphy will receive no monetary gain from his participation.

"It's just trying to give back to the people who protect our freedoms," Murphy said. "I just have a special place in my heart for veterans."

Reed said he hopes that providing a forum for these veterans to get together will go a long way in their healing process.

"The greatest help for a psychological wound is to talk about it," Reed said. "You can make an appointment with a psychologist, but how many psychologists have been in combat?"

Crystal.Y.Brown@us.army.mil

Reserve, Guard Soldiers get help with Debt Relief Act

Mike A. Glasch
Leader Staff

A new federal law can provide financial relief for Reserve and Guard Soldiers seeking protection under Chapter 7 of the bankruptcy laws. President Bush signed The National Guard and Reservist Debt Relief Act into law last month.

The new legislation applies to Reserve and Guard Soldiers who are called to active duty (for Guard Soldiers only, called to perform a homeland defense activity) for more than a period of 90 days since Sept. 11, 2001.

It exempts them from having to pass the means testing for bankruptcy cases while they are on active duty and for 18 months following their release from active service.

Active-duty Soldiers were already exempt from the means test.

In a press release after the signing, the bill's sponsor Sen. Dick Durbin, D-Ill., stated that Reserve and Guard members often take pay cuts when they are called to active duty and consequently suffer from financial hardship.

"Veterans from the wars in Iraq and Afghanistan are coming home to a weak economy, low paying jobs and families hit hard by the housing and gas crises," Durbin said. "We owe it to those who serve our country to do everything we can to help them get back on solid financial

ground when their tour of duty is over. This law cuts the red tape our service members face if they need to file for bankruptcy and levels the playing field for veterans."

Chapter 7 bankruptcy, also known as liquidation, allows most unsecured debts to be discharged, or wiped out. The means test was passed by Congress October 2005. It is a formula applied to determine whether or not someone filing for a Chapter 7 bankruptcy has enough money available to make some minimal payment to creditors in a Chapter 13 bankruptcy plan. Bankruptcy cases initiated before the law went into effect are not covered by the new regulation.

Before considering bankruptcy, Soldiers are encouraged to seek financial advice.

The ACS financial readiness program offers individual financial counseling, assistance with debt liquidation, a financial literacy program, consumer advocacy and financial investing classes. The programs are free and available to the entire Army family (Soldiers, family members, retirees and DA civilians).

All counseling and debt liquidation services are confidential unless a Soldier is referred by his or her unit commander.

For more information on financial readiness call the ACS staff at 751-5256.

Michael.A.Glasch@us.army.mil

Exceeding retention goals



Photo by Susanne Kappler

Fort Jackson Commanding General Brig. Gen. Bradley W. May, center, presents the Commanding General's Retention of Excellence Award to leaders from the 171st Infantry Brigade at the retention awards luncheon Thursday at the Officers' Club. Accepting the award, from the left, are Col. Karl Reed, brigade commander, Command Sgt. Maj. James Williams, brigade command sergeant major, and Master Sgt. Mark Kirkland, brigade career counselor. The 171st Infantry Brigade reached a retention rate of 163 percent of its goal for fiscal year 2008. The Army-wide retention rate for that timeframe was 112 percent.

Around Post

Commissary Holiday Hours

The Commissary Thanksgiving holiday operation hours are as follows:

Nov. 24 — 10 a.m. to 8 p.m.
Nov. 25 — 7:30 a.m. to 8 p.m.
Nov. 26 — 7:30 a.m. to 8 p.m.
Nov. 27 — Closed Thanksgiving.
Nov. 28 — 7:30 a.m. to 6 p.m.
Nov. 29 — 9 a.m. to 8 p.m.

DoD Travel Card Transition

DoD travel cards will transition during the next 30 days. Cardholders should have received and verified receipt of the new Citibank cards. The Citibank travel card will become effective Nov. 30. Those traveling Nov. 29-30 will need to travel with the Citibank and Bank of America cards. BoA travel cards can be destroyed Nov. 30.

AG School AoR

The Adjutant General School's Assumption of Responsibility is set for 4 p.m., Dec. 11 at the Soldier Support Institute auditorium. Command Sgt. Maj. Darlene C. Hagood will also serve as the AG Regimental command sergeant major.

Helping Hands awards for third quarter



Photo by Crystal Lewis Brown

Soldiers, DA civilians and family members were awarded the third quarter Helping Hands award Wednesday in a ceremony in the Post Conference Room. The community member volunteers were recognized by Brig. Gen. Bradley May, Fort Jackson commanding general, for their contributions to various on-post organizations.

Helping Hands awards for fourth quarter



Photo by Crystal Lewis Brown

Soldiers, DA civilians and family members were awarded the fourth quarter Helping Hands award Wednesday in a ceremony in the Post Conference Room. More than 30 community members were recognized by the Brig. Gen. Bradley May, Fort Jackson commanding general, for their contributions to various on-post organizations.

Tours *(continued from Page 1)*

Ezell Pittman, who trained at Fort Jackson 49 years ago, was amazed by the changes training has undergone since he was in the Army.

"We went through rigorous training, but it was certainly nothing like what the drill sergeant described today," he said. "I'm extremely impressed, and it certainly appears to me that they are being trained to handle the situation they might face in combat. And it is my impression that, hopefully, when they go out, they'll be ready to take on whatever challenge they might face."

Air Force veteran James H. Harper, who lives in Columbia, said the tour helped him to get a better understanding of what training takes place on the installation.

"I live in the community. It is worthwhile to know what's happening in your community and to understand things better," Harper said.

Veran Hill, community relations assistant, who organized the tour, was pleased with the outcome.

"Considering the rain, the tour went very well," she said. "We had a very professional drill sergeant, who explained all aspects of training very efficiently. It turned out to be an exceptional tour. I think it's



Photo by Susanne Kappler

Drill Sergeant Matthew Timms, left, answers questions from participants of the Community Outreach Tour Friday during the group's visit of the 2nd Battalion, 29th Infantry Regiment's barracks.

great that we're opening up the doors for people to see what we do here."

Hill added that the response to the community outreach initiative has been tremendous and the tours planned for December

and January are already fully booked. There is still space available on the tour in February. For more information or to register, call 751-1474.

Susanne.Kappler1@us.army.mil



Home for the Holidays

Garrison holiday celebration

6-11 p.m., Dec. 5
Officers' Club
\$15 per person
dress is holiday attire
Social Hour is 6-7 p.m.

Customer Service Corner

Customer Management Services will host its first Community FIRST focus groups for the 2009 fiscal year in December. Focus groups are an open forum for constituent groups (Soldiers, retirees, veterans, family members, teens, civilian employees, drill sergeant spouses and surviving spouses) to voice their concerns about life on Fort Jackson.

In December, two focus groups will be conducted: one for Soldiers and one for family members, and community participation is needed.

The Soldiers Focus Group is set from 8 a.m. to noon, Dec. 9 in the Plans, Analysis and Integration Office conference room, Building 3499.

Delegates are sought from a cross-section of active duty, Reserve and National Guard Soldiers — both enlisted and commissioned ranks.

Soldiers will have the opportunity to raise issues pertinent to their constituency group and directly out-brief them to the garrison leadership.

The Family Members Focus Group is set from 8 a.m. to noon, Dec. 11 in the PAIO conference room, Building 3499. Family members of active duty Soldiers are needed to participate. Family members will raise issues to let the garrison leadership know current concerns and what is needed to improve the quality of life for military dependents. Child care will be provided at no cost, but participants must call in advance to register.

Any issues or concerns raised among the groups will be written up and briefed to the garrison command.

Afterward, the issues are sent to the di-

rectorate or organization responsible for review and resolution. The directorate or organization then reports the status of each issue back to CMS.

Issue status can be: active (the issue is being worked), complete (the issue has been fixed) or unattainable (the issue is not able to be fixed, as voted by the Installation Action Council).

Issues requiring higher-level approval can also be voted on at the IAC for forwarding to the commanding general as part of the Army Family Action Plan process. Once issue status has been determined, CMS reports back to the community via its Web site and weekly updates in the Customer Service Corner article.

This process only works when there is full participation from Fort Jackson community members. Focus groups are a part of the Community FIRST initiative, which addresses issues that cannot be solved by the Interactive Customer Evaluation system.

There is also a need for a volunteer staff to assist with the focus groups. The four key positions are: facilitator, who keeps the group on track; recorder, who captures the group's ideas; transcriber, who prepares the PowerPoint slides; and issue support, who reviews the issue logs.

Training is provided for each position, as well as child care. This is an excellent way to get involved and be an active part of the Fort Jackson community.

Anyone who wants to participate in ei-

ther of these focus groups as a delegate or staff member can call the Community FIRST coordinator at 751-3425.

Participation is an integral part of informing the garrison leadership about community issues and concerns.

Everyone can have a part in working together to improve customer service and make this installation a better place to live, work and recreate.

Community FIRST is an ongoing issue resolution process. For a detailed list of issues that have been submitted through Community FIRST and the status of each issue, visit the Customer

Management Services Web site at: <http://www.jackson.army.mil/WellBeing/wellbeing.htm>.

New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST Logo. Whether it affects individuals and constituent groups here at the installation level or throughout the Army, feedback is important.

ICE Appreciation

The garrison congratulates the Directorate of Family Morale, Welfare and Recreation, Army Community Service, specifically the Exceptional Family Member Program and the Relocation Readiness Program. They have achieved a 4.89 and a 4.69 rating, respectively, in employee/staff attitude out of a possible 5.0 for a 12-week period.

**Participation needed
for fall focus groups.
For information or to
volunteer, call 751-3425.**

*A tip of the campaign
hat to this week's ...*

Drill Sergeants of the Cycle

**from the "First at
Vicksburg" Battalion**



**Staff Sgt.
William Welch**
Company A,
1st Battalion,
13th Infantry
Regiment



**Staff Sgt.
John Garcia**
Company B,
1st Battalion,
13th Infantry
Regiment



**Staff Sgt.
Jewel Lee**
Company C,
1st Battalion,
13th Infantry
Regiment



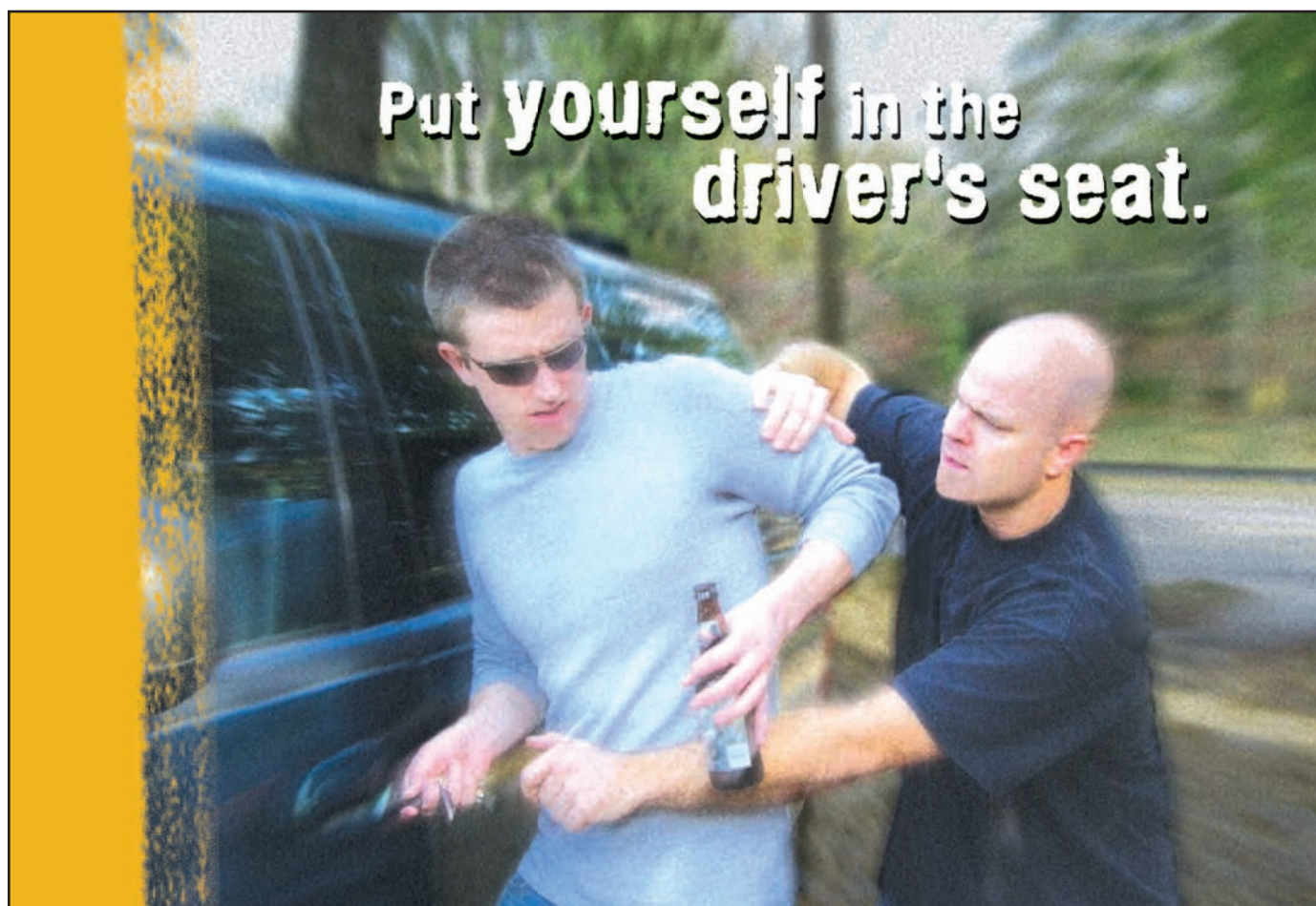
**Staff Sgt.
Adrian Wietzema**
Company D,
1st Battalion,
13th Infantry
Regiment



**Sgt.
James Holston**
Company E,
1st Battalion,
13th Infantry
Regiment



**Staff Sgt.
Larry Byles**
Company F,
1st Battalion,
13th Infantry
Regiment



NEWS

Importance of improving job value in a weak economy

Azure Celestine-Brown
Financial Adviser

The U.S. economy is currently facing tough times. Stocks are plummeting, businesses are struggling to stay afloat and a growing number of American men and women are finding themselves out of work.

Many households are also feeling the pinch of inflation in high prices on everything.

The Reality

How bad is it? Well, job losses are at a five-year high. The unemployment rate exceeded 6 percent in August, bringing the number of unemployed to 9.4 million, According to the Bureau of Labor Statistics, Employment Situation Summary, August 2008.

The situation may get worse before it gets better, as economists predict the jobless rate will continue to increase forward through the end of the year, Economic Forecasting Survey, Dow Jones & Company, September 2008.

Some industries have been hit harder than others. The BLS report shows the economic downturn has produced the largest declines in the manufacturing industry, particularly among companies making automotive parts and new construction materials.

Temporary jobs are down, along with employment at car parts dealers and in the construction industry, according to the BLS report. Falling values in homes and the tightening of lending standards are also affecting jobs in real estate and lending.

Opportunities Still Exist

Despite market conditions, some areas of the economy are still growing. The largest opportunity for job growth in the U.S. appears to be in the health care sector, which is booming in part because of increased care for the aging population.

In the past year, health care employment grew by 368,000 jobs, according to the BLS report. Mining jobs related to oil and gas extraction also increased. Analysts predict jobs in education, business services, government and leisure/ hospitality may grow in the coming years.

The BLS' Employment Situation Summary forecasts that "more than three out of every 10 new jobs created in the new economy will be either health services and social assistance or public/private education services sector."

We may also see growth in jobs related to new interest in products and services that are "green" (have low impact on the environment). For example, jobs may crop up to support the development and sale of renewable energy sources and recycled products. Increasing demand for locally grown organic foods may create more opportunities for farmers, restaurants and grocers.

What to Do

What can workers do to remain marketable? In a tight job market, people who can adapt and mold their skills to changing needs have more opportunities than those who choose to remain inflexible. Education is important, and continuous learning shows employers a willingness to ac-

quire new skills and knowledge.

Some employers even pay for or reimburse employees for pursuing continuous education in their job field. One specific skill or specialized degree may not see an employee through the length of his or her working life as it may have for previous generations. As the world shrinks and more American businesses operate overseas, there will be more demand for employees to be fluent in more than one language. Employers may place greater emphasis on the ability to be innovative and demonstrate advanced problem-solving skills to help solve their business challenges.

Lastly, technical skills are critical for many career paths. At a minimum, people can help themselves by staying up on computer skills and remaining proficient since it is an essential requirement for almost every business that is currently operating.

For more insight into workforce trends, the Occupational Outlook Handbook is a valuable resource. Published by the U.S. Bureau of Labor Statistics, the handbook provides information on hundreds of different jobs in the American workforce. Job seekers can find valuable insight into the job market in each state, including who is hiring, training and education required for the jobs identified, average earnings and more.

The Web address is <http://www.bls.gov/OCO> or you can look for it at your local library.

Editor's Note: Azure Celestine-Brown is a financial adviser with Ameriprise. She is also a former service member and an Army spouse.

PUBLIC NOTIFICATION

Palmetto State Utility (Ft. Jackson) System #4010501 reports that the maximum containment level for coliform bacteria as established by the State Primary Drinking Water Regulations was exceeded during the month of September 2008.

For Buildings 2280 & 6701:

The United States Environmental Protection Agency (EPA) sets drinking water standards and has been determined that the presence of total coliforms is a possible health concern. Total coliforms are common in the environment are generally not harmful themselves. The presence of these bacteria in drinking water, however generally is a result of a problem with water treatment or the pipes which distribute the water, and indicates that the water may be contaminated with organisms that can cause disease. Disease symptoms may include diarrhea, cramps, nausea, and possible jaundice, and any associated headaches and fatigue. These symptoms, however, are not just associated with disease-causing organisms in drinking water, but may also be caused by a number of factors other than your drinking water. EPA has set an enforceable drinking water standard for total coliforms to reduce the risk of these adverse health effects. Under this standard, no more that 5.0 percent of the samples collected during a month can contain these bacteria, except that systems collected fewer than 40 samples per month that have one total Coliform-positive sample per month are not violating the standard. Drinking water which meets this standard is usually not associated with a health risk from disease-causing bacteria and should be considered safe.

Palmetto State Utility (Ft. Jackson) has taken the following action to correct the maximum level violation:

- Flushed system and resample
- Resample(s) came back absent.
- The problem has been corrected.

FEATURE

South Carolina Honor Flights take off

Susanne Kappler
Leader Staff

The 91 World War II veterans who participated in the first South Carolina Honor Flight Saturday received a hero's welcome upon their return to Columbia Metropolitan Airport.

More than 250 people waved flags and applauded in support of the veterans, who were also greeted by two honor guards — provided by the Naval Sea Cadets and Irmo High School Air Force Junior ROTC — and the music of Fort Jackson's 282nd Army "Victory" Band. Students from Gilbert Middle School, who had raised more than \$7,000 for the cause, welcomed the veterans with signs and flags.

The flight left Columbia in the morning and took the former service members to Washington, where they visited the World War II Memorial, the Korean War Memorial and Arlington National Cemetery.

"We had a great day, and everybody was thrilled to see that monument. And standing in front of the South Carolina part of the monument was really great," said Charles Murray, a World War II veteran who received the Medal of Honor for his heroism during the war.

Navy veteran Bill Donahue, who served one year in the North Atlantic and three years in the Pacific, agreed.

"It was wonderful," he said. "We had such a good time reminiscing, thinking about the old times."

Many of the veterans were overcome with emotions when they saw the reception back home.

"Nothing like this has happened in Columbia," said Lewis Monroe, a veteran of D-Day. "It's great to see the children out here."

The trip was also a moving experience for those who came along as guardians. Nancy Gaskin came to Columbia from Racine, Wis., to accompany her father, James Lanier Gaskin, an Army Air Corps veteran.

"I was so blown away by how (the veterans) helped each other out. They watched out for each other," she said. "I just thought, 'You know, here they are. They've gone through all they've gone through. It's the time in their life to kind of be here and celebrate, let themselves be the center of attention and yet what they did is, they're still looking out for each other.' I think that's just how they got through."

Gaskin was a guardian not only to escort her father, but also to honor two uncles who are no longer alive and never had a chance to see the World War II memorial.

"One of my uncles was at the Battle of the Bulge and another uncle was in the Philippines and (they) never, never talked

about anything, it was so horrific," she explained. "I took their pictures and we had those with us today at the memorial. It was very important for me to be here for this."

The trip was organized and paid for by the non-profit organization Honor Flight South Carolina, which is financed by donations.

"We want to provide every living World War II veteran in our community (Richland, Lexington, Kershaw, Orangeburg and Newberry counties) the opportunity to visit their memorial if they have never visited," said Bill Dukes, Columbia businessman and founder of Honor Flight South Carolina. He said the next flight is scheduled for April.

For more information on how to apply or donate, call 582-8826 or visit <http://www.honorflightsc.com>.

Susanne.Kappler1@us.army.mil



Students from Gilbert Middle School welcome the Honor Flight veterans with signs and flags at Columbia Metropolitan Airport Saturday.



Photos by Susanne Kappler

World War II veteran Lewis Monroe reaches for the hand of a well-wisher after returning to Columbia from Washington. The veterans visited the World War II Memorial, the Korean War Memorial and Arlington National Cemetery during the trip.



Fort Jackson's 282nd Army "Victory" Band greets World War II veterans with a medley of patriotic music at the Columbia Metropolitan Airport Saturday. The veterans had just returned from viewing the World War II memorial in Washington.

ARMY NEWS

Army promotes first woman to four-star general

Jacqueline M. Hames
Army News Service

WASHINGTON — Gen. Ann E. Dunwoody became the first female four-star general in the U.S. armed forces at a promotion ceremony last week in the Pentagon.

"History will no doubt take note of [Dunwoody's] achievement in breaking through this final 'brass ceiling' to pin on this fourth star," Secretary of Defense Robert M. Gates said during opening remarks. "But she would rather be known and remembered first and foremost as a U.S. Army Soldier."

Gen. George W. Casey Jr., chief of staff of the Army, hosted the ceremony, praising Dunwoody as a "premiere logistician." He thanked her for her dedicated service to the Army, and wished her well.

"What's happening here today is something our Army can celebrate and take pride in," Casey said of her achievement.

Casey and Dunwoody's husband, Craig Brotchie, pinned on her new rank amidst applause and an enthusiastic "hooah" from the audience.

The promotion ceremony in the Pentagon auditorium was packed with well-wishers, friends and family.

"We invited everyone but the fire marshal," Gates said to the standing-room-only crowd.

"Well, thank you," Dunwoody said with a smile after being promoted. "I wish I could begin to describe the incredible feelings of gratitude, humility, and love that are absolutely consuming me at this very moment. But it's impossible."

Dunwoody said she feels fortunate to have lived a life of firsts, and believes the



Photo by Jacqueline M. Hames, Army News Service

Chief of Staff of the Army Gen. George W. Casey Jr. pins the fourth star on Gen. Ann E. Dunwoody during a ceremony at the Pentagon Friday. Casey is assisted by Dunwoody's husband, Craig Brotchie.

promotion is "as overwhelming as it is humbling."

Dunwoody was the first woman to hold the deputy chief of staff position for the Army G-4 (Logistics), where she was responsible for ensuring warfighters had the necessary supplies and services, and that logisticians had the tools and equipment necessary to deliver those supplies and services to Soldiers around the world.

As the commander of the Military Surface Deployment and Distribution Command at Scott Air Force Base, Ill., from

2002-2004, Dunwoody supported the largest deployment and redeployment of U.S. forces since World War II.

She has also commanded the 407th Supply and Transportation Battalion of the 82nd Airborne Division, Fort Bragg, N.C.; the 10th Mountain Division Support Command, Fort Drum, N.Y.; and the 1st Corps Support Command at Fort Bragg. She deployed during the first Gulf War with 82nd as the Division Parachute Officer from September 1990 to March 1991.

Dunwoody received a direct commission

as a second lieutenant after graduating from the State University of New York at Cortland in 1975. She has graduate degrees in national resource strategy and logistics management. Her family has a long history of military service, including her husband, who is a retired U.S. Air Force colonel.

"This promotion has taken me back in time like no other event in my entire life. And I didn't appreciate the enormity of the event until the tidal wave of cards, letters and e-mails started coming my way," Dunwoody said.

"I've heard from moms and dads that see this promotion as a beacon of hope for their own daughters, and an affirmation that anything is possible through hard work and commitment," she said.

Dunwoody also received congratulations and expressions of excitement from female veterans of previous wars.

The promotion is the latest first for women in the military, dating back to 1970 when Brig. Gen. Anna Mae Hays was promoted the first female general officer in the U.S. military.

In addition to receiving her fourth star, Dunwoody also took command of U.S. Army Material Command, headquartered at Fort Belvoir, Va., during an afternoon ceremony. As the commanding general, Dunwoody will oversee AMC headquarters' move to Huntsville, Ala., under the 2005 Base Realignment Act. Prior to taking command, she served as the deputy commanding general and chief of staff of AMC.

"Today is all about two simple words: thank you," Dunwoody said.

FCS Active Protection System named 'Top 50' inventions

John R. Guardiano
Army News Service

WASHINGTON — The Army's new Active Protection System, designed to safeguard Soldiers and vehicles from incoming fire, has been named one of the best inventions of 2008 by Time magazine.

"Think of [it] as Star Wars for Soldiers," said Time magazine in its Nov. 10 edition. The APS "will automatically detect an incoming round and then launch a missile to destroy it, all within a split second."

The Army is developing APS as part of its Future Combat Systems ground-force modernization program. FCS is designed to bring Soldiers into the 21st century by equipping them with state-of-the-art vehicles, communication capabilities, sensors and protective systems.

The APS is actually part of a more comprehensive "hit-avoidance system" that the Army is building into a suite of eight new FCS Manned Ground Vehicles types. This more comprehensive hit-avoidance system will give the Soldiers in the MGVs "full-scale 360-degree hemispherical protection," said FCS Program Manager Maj. Gen. Charles A. Cartwright.

Current Army vehicles lack this level of protection because, they were designed more than a generation ago, before the information technology revolution of the past quarter-century, he said.

Elements of the FCS hit-avoidance system are being incorporated into Army vehicles on a limited basis,

Cartwright said. He said it can only be done on a limited scale because Army vehicles were not designed with a hit-avoidance system in mind.

In addition to being equipped with active protection, the new Army vehicles, or MGVs, are also being designed with an independent hull structure, in which armor is bolted onto the vehicle. This allows for frequent armor upgrades to accommodate technological advances, Army officials said.

The armor on current-force vehicles, by contrast, is integrated throughout the structure of the vehicle. Army officials said this seriously limits their ability to equip current-force vehicles with better and more modern armor protection.

The new FCS vehicles are also being designed with a v-shaped hull, specifically to help diffuse improvised explosive devices blasts. And the seating inside the MGVs will be suspended from the ceiling of the vehicle to further reduce the shock and trauma of an IED blast.

Army officials said this is significant because, for many of America's enemies, IEDs have become the weapon of choice.

The FCS system is also being designed with a vertical launch system. Other systems on the market employ horizontal launch systems.

A vertical launch system allows for redundant protection from all sides of the vehicle, said Maj. Lewis Phillips, assistant production manager. That way, if countermeasures on one side of the vehicle fail or are disabled, countermea-



Photo by Future Combat Systems

The rocket-propelled grenade defeat test of the FCS Active Protection System for Manned Ground Vehicles was the first time any vertical launch APS defeated an incoming rocket RPG while mounted on a moving vehicle.

sures from another angle, or side of the vehicle, can still defeat the incoming round.

Editor's Note: John Guardiano serves in the Plans Division of Army Public Affairs and is a frequent contributor to the Army News Service.

OPINION – EDITORIAL

Everyone should embrace change for better health

COMMENTARY

Maj. Thomas Hundley
Moncrief Army Community Hospital

The 2008 Presidential Election season is finished, but the messages will linger in our hearts forever.

Both President-elect Barack Obama and Sen. John McCain stressed the importance and necessity of our nation to embrace a period of change for present and future success. This message is also relevant and appropriate as it relates to our health and fitness. Using the slogan adopted by both presidential campaigns, I would like to provide

some helpful tips on how we can embrace “change” for better health:

Change What We Do
If you have been sedentary for a while, then your first goal is to begin walking. You need to walk at least 30 minutes per day three to four days per week. If you are able to jog a little, then go for 30 minute jog. The main objective is consistent movement. It is time to change our immobility into upward mobility.

Change What We Drink
To improve our health, we must first rid



Maj. Thomas Hundley

our bodies of those bad toxins and unhealthy foods.

That means we must flush with the purest beverage on the planet — water. The goal is to drink at least two quarts of water per day.

I want you to replace everything you normally drink with a bottle of water. If it is not high quality water, then I think you better let it go.

Change What We Eat
A change in our diet is critical to our future success. This does not call for a radical adjustment, but rather a subtle alteration in

what and how we eat.

Everyday, I want you to eat at least two foods that are high in fiber. That includes oatmeal, bran flakes, cheerios, broccoli, beans, spinach, fruits and vegetables.

Then, eliminate fried foods from at least one meal per day. Finally, eliminate the consumption of any junk food from your diet for two days each week. That includes cakes, cookies, chips, doughnuts, etc.

Better health leads to better productivity. Our ability to embrace change will not lead to longer, more productive lives, but it will also lead our country to a stronger, more productive place.

Victory Starts Here!

Fort Jackson talks back

How has the Army Family Covenant improved your quality of life?



Christa Alford
Family Member

“I use the new Jumping Jacks program while working out at the Solomon Center.”



Capt. Victor Lunderman
193rd Infantry Brigade

“I would say it made a significant contribution. It has made life easier for my spouse and child while I was deployed and that gave me peace of mind.”



Celinda Barefield
Family Member

“I’m a former dependent. I couldn’t say that it’s made an impact on me, but I have seen the effect on my mother. It is a reinforcement of what was already there.”

Staff Sgt. Steven Durham
*2nd Battalion,
39th Infantry Regiment*



“It seems like Fort Jackson cares about families. The command is very involved. This is the best FRG (Family Readiness Group) team I’ve seen since I’ve been in the military.”

Lori Underwood
Family Member



“The only thing I’ve noticed is that we don’t have to pay registration fees for Child, Youth and School Services.”

Capt. Sammie Burkes
*2nd Battalion,
39th Infantry Regiment*



“I’m not married, but what it’s done for us is to give Soldiers better opportunities to have their families taken care of. That takes stress off them.”

We would like to hear from you

The Fort Jackson Leader is accepting letters to the editor. Letters must be submitted to the Leader by noon, Monday, and must include a phone number so that we can verify the letter. The Leader reserves the right to edit letters for style, grammar and to fit the space. To submit a letter to the editor to the Leader, e-mail it to FJLeader@conus.army.mil.

COMMUNITY HIGHLIGHTS

Health Benefits Fair



Photo by Daniel Terrill

Carey Blizzard, left, and Kent Halliday, insurance representatives, discuss health care plan options with an attendee at the Health Benefits Open Season and Health Fair at the Main Post Chapel on Friday. DA civilians can change health care plans during open season, which ends Dec. 8.

This Week

DOIM Closure
The Directorate of Information Management will be closed from 11:30 a.m. to 3:30 p.m., Friday for a Thanksgiving event. For help during this time, call the Customer Service Center at 751-3646.

Thrift Shop Holiday Hideaway
Volunteers are invited to help at the Thrift Shop Monday. Refreshments will be served. The Thrift Shop will be closed Tuesday and Thursday for Thanksgiving.

Financial/Relocation Briefing
A financial/relocation initial PCS briefing is scheduled for 8:30-10:30 a.m., today in the Education Center, Room B-302. For more information or to register, call 751-5256.

Insurance Class
An insurance class is scheduled for 9-11 a.m., Tuesday at the Education Center, Room B-302. For more information or to

register, call 751-5256.

Stress Break
Stress Break is scheduled from noon to 12:30 p.m., Tuesday at 5616 Hood St., Room 10. For more information or to register, call 751-5256.

Upcoming

Holiday Bunco
The Fort Jackson Spouses' Club Holiday Bunco is scheduled for 7-9 p.m., Dec. 2, at the NCO Club. The cost is \$12. RSVP by Nov. 27 by calling 338-3882 or by e-mail at fjreservations@yahoo.com.

Merry Fitness Extravaganza
The Merry Fitness Extravaganza is scheduled for 4:30-8 p.m., Dec. 2 at the Solomon Center special events area.

AFTB Advisory Council
The first quarter Army Family Team Building Advisory Council meeting is scheduled for 3 p.m., Dec. 2 in the Post

Conference Room.

Military Dependents Scholarships
A military spouse and children scholarship seminar is scheduled for 1-2 p.m., Dec. 3 in the Education Center, Room B-206. For more information or to register, call 751-5452 or 751-4862.

Employment Readiness Orientation
Employment Readiness Program Orientation is scheduled from 8:30 a.m. to noon, Dec. 3, at the Education Center, Room B-206. For more information or to register, call 751-5452.

Teen Employment Workshop
A Teen Employment Workshop on how to complete job applications is scheduled for 1:30-2:30 p.m., Dec. 6, at the Youth Center. For more information or to register, call 751-5452.

Thrift Shop Sale
A Thrift Shop sale is scheduled from 9 a.m. to 2:30 p.m., Dec. 6. For more information, call 787-2153.

Holiday Concert
The 282nd Army "Victory" Band is scheduled to perform its winter concert at 3 p.m., Dec. 7 at the Newberry Opera House and 5 p.m., Dec. 14 at the MG Robert B. Solomon Center. For more information, call 751-3537.

Starting and Running a Small Business
A seminar on how to set up and run a small business is scheduled for 1:30-3:30 p.m., Dec. 10 in the Education Center, Room B-205. For more information or to register, call 751-5452.

Steps to Federal Employment
A federal employment workshop is scheduled for 8:30-11:30 a.m., Dec. 10, in the Education Center, Room B-206. For more information or to register, call 751-5452.

Lights Before Christmas
Heart's Apart will be attending the Riverbanks Zoo Lights Before Christmas event 5:45 p.m., Dec. 12. For more information, call 751-7477.

MACH NCO of the Quarter



Photo by Nichole Riley, MACH

Sgt. John Cranford is the Moncrief Army Community Hospital NCO of the Quarter.

Announcements

STEM Award
Submissions for the Science, Technology and Math award are being accepted until Dec. 12. For information on submitting a STEM award recommendation, call the installation equal opportunity office at 751-4916 or e-mail Janeen.Simmons@conus.army.mil

Career Assessment
ACS is offering online career assessments. To schedule an individual appointment, call 751-5452.

Spouse Overseas Employment
Individual appointments are available for Spouse Overseas Employment Orientation. For more information, call 751-5452.

Reserve Recruiting
The 1st Battle Command Training Group in Birmingham, Ala., has openings for Soldiers of all military occupational specialties in the rank of sergeant first class through lieutenant colonel. For more information, call (205) 987-8443 or e-mail Larry.Kingsr@usar.army.mil.

DeCA Scholarship Applications
The Defense Commissary Agency is now accepting applications for its 2009 Scholarships for Military Children Program. Scholarship applications are available in commissaries or online at <https://www.commissaries.com> or <https://www.militaryscholar.org>. The deadline for applications is Feb. 18.

208th RSC Vacancies
The 208th Regional Support Group, an Army Reserve logistical unit, has vacancies in all military occupational specialties

COMMUNITY HIGHLIGHTS

WTU parties on Halloween



Photo Courtesy of the Warrior Transition Unit

Soldiers from the Warrior Transition Unit enjoy a feast provided by the Soldier and Family Assistance Center at their Fall-O-Ween Drop-In Oct. 31 at the SFAC.

in the ranks of sergeant to lieutenant colonel. For more information, call 751-9724 or e-mail Glenn.Baker@usar.army.mil.

Notice of Availability
Public input and comments on Fort Jackson's proposed Integrated Cultural Resources Management Plan and Environmental Assessment are being accepted. The final draft may be viewed at the Richland County Public Library, Cooper Branch, or the Thomas Lee Hall Post Library. For more information, call 751-7153.

Individual Resume Class
The Employment Readiness Program is offering Resume Writing for Beginners individual classes. Call 751-5452 for more information.

Holiday Food Drive
The Fort Jackson chapter of the Sgt. Audie Murphy Club is conducting a Holiday Food Drive through Dec. 12. Non-perishable food items can be donated to the 193rd Infantry Brigade, 165th Infantry Brigade, 171st Infantry Brigade and the Soldier Support Institute. For more information, call 751-0964.

Holiday Mailing Deadlines
To ensure holiday cards and packages mailed to APO/FPO addresses arrive by Dec. 25, the United States Postal Service recommends the following schedule:
Space Available Mail — all items mailed to zip code prefix AE 093 must be mailed by Nov. 21; items to all other zip codes must be mailed by Nov. 28.
Parcel Airlift Mail — all items to zip code prefix AE 093 must be mailed by Dec. 1; items to all other zip codes must be mailed by Dec. 4.
Priority Mail and First-Class Mail Letters and Cards —

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Play Group meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Columbia Composite Squadron (Civil Air Patrol) meets at 6:30 p.m., Mondays at Columbia's downtown airport, Owens Field, main conference room. For more information, e-mail tom.alsup@gmail.com or visit online at www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail pwocjackson@yahoo.com.

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

The Ladies Auxiliary meets at 3 p.m., the second Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Weight Loss Surgery Support Group meets at noon the second and fourth Monday of the month at the Weight Management Center, 180 Laurel Street, Columbia. The group also meets the second and fourth Tuesday of the month at 6:30 p.m. at the Palmetto Health Baptist Breast Health Center, 1501 Sumter St., Ground Level, Meeting Room 2, Columbia.

Seabees meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300 for more information.

Veterans of Foreign Wars meet at 7:30 p.m., the

second Monday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room www.jackson.army.mil/360/SA-MC/home.htm.

American Legion Post #182 meets at 7 p.m., the first Tuesday of the month at the Officers' Club. For information, call 351-2333.

Disabled American Veterans meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. For more information, call 482-4456.

Vietnam Veterans of America Chapter 303 meets at 7 p.m., the third Tuesday of the month at American Legions Post 6, 200 Pickens Street. For more information, call 312-4895.

Purple Heart #402 meets at 7 p.m., the fourth Tuesday of the month at the American Legion Post #6 on Pickens Street. For information, call 351-2333.

American Red Cross new adult volunteers orientation is the third Wednesday of the month from 9 a.m. to noon at building 2179 on Sumter Ave. For more information, call 571-4329.

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magruder's Club. For information, e-mail sec@fvictoryriders.com.

Society of American Military Engineers meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

MEDPROS training will be held 1-4 p.m., the third Friday of the month at the hospital, Room 9-83. For more information or to register, e-mail Jaclynne.Smith@amedd.army.mil.

Retired Enlisted Association meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail jrodgers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV meets at 11 a.m., the third Saturday of the month, except July and August, at the DAV Headquarters 511 Violet St., West Columbia. For information, call 260-1067.

U.S. Navy Sea Cadets, for 11-18 year olds, meet the third weekend of the month. For information, call 622-8707.

Fort Jackson Spouses' Club meets monthly. Visit their Web site, www.fortjacksonspousesclub.com, for more information about upcoming meetings and events, or contact the group at Ft.JacksonSpousesclub@yahoo.com.

The Thrift Shop board meets at 10 a.m., the second Monday of each month at the Thrift Shop. Call 787-2153 for more information.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fjleader@conus.army.mil.

all items to zip code prefix AE 093 must be mailed by Dec. 4; items to all other zip codes must be mailed by Dec. 11.

Express Mail Military Service — items cannot be sent to zip code prefix AE 093; items to all other zip codes must be mailed by Dec. 18.

For more information, visit

<http://www.usps.com/supportingourtroops/welcome.htm>.

Spouse Overseas Employment Orientation
To learn more about the various military spouse employment options available overseas, contact the Employment Readiness Office at 751-5452.

Fort Jackson Dining Facilities Thanksgiving Meal Schedule

| Unit | Bldg | Meal Times |
|-------------------------|-------|-------------------------|
| 2nd Bn., 13th Inf. Reg. | 12000 | 11:30 a.m. to 2 p.m. |
| 2nd Bn., 60th Inf. Reg. | 11000 | 11 a.m. to 2 p.m. |
| 1st Bn., 34th Inf. Reg. | 5500 | 11:30 a.m. to 2:30 p.m. |
| 2nd Bn., 39th Inf. Reg. | 10401 | 11:30 a.m. to 2:30 p.m. |
| 3rd Bn., 13th Inf. Reg. | 5422 | 11:30 a.m. to 2 p.m. |
| 3rd Bn., 60th Inf. Reg. | 5482 | 11:30 a.m. to 2:30 p.m. |
| 187th Ord. Bn. | 2260 | 11:30 a.m. to 3:30 p.m. |
| 369th AG Bn. | 2230 | noon to 3 p.m. |
| *120th AG Bn. | 1875 | 11 a.m. to 1:30 p.m. |

*Editor's Note: 120th Adjutant General Battalion is designed for retirees and guests of military ID card holders not assigned to a unit. Meal time for retirees and guests is 1:30-2:30 p.m.

Holiday meals (for all diners)
3rd Bn., 34th Inf. Reg. 10791 4-7 p.m., Nov. 26
1st Bn., 13th Inf. Reg. 4420 noon to 3 p.m., Nov. 26
** Holiday Meal Rates are \$ 6.35 (standard) and \$5.40 (discount). The discount rate is for spouses and dependents of enlisted personnel in pay grades E-1 through E-4. All others use the standard rate. For information call 751-4015/5556.

FIRST RESPONDER



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director, Emergency Services/Provost Marshal

Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major

Billy Forrester
Fire Chief

Cases of the Week

A retiree was arrested Nov. 2 for drunken driving, Military Police said. He was pulled over for swerving and MPs said they noticed the smell of alcohol. The driver failed three standardized field sobriety tests, MPs said. A breathalyzer test showed a blood alcohol content level of 0.22 percent. The legal limit in South Carolina is 0.08 percent.

A Soldier damaged his motorcycle on Pickens Road Oct. 28 after slipping on a

slick spot, MPs said. Damages to the Soldier's motorcycle consisted of a broken front faring, right mirror, windshields and gas throttle.

A malfunctioning heater was blamed for a Nov. 4 fire that destroyed Villaepique Chapel.

Provost Marshal's Tip of the Week

Fort Jackson contractors may renew their decals for 2009 at the Department of Emergency Services, Building 5499, or the Vehicle Registration Office, Strom Thurmond Building, Room 114.

Documentation required for vehicle registration is as follows: driver's license, contractor ID dated 2009, or contractor letter with an expiration date 2009 or later, state vehicle registration and insurance.

Remember to take a notarized letter if the vehicle to be registered is not registered to you or you may have the person accompany you to our office.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

FORCE PROTECTION

THOUGHT OF THE WEEK

**SUBVERSION AND ESPIONAGE
DIRECTED AGAINST THE U.S. ARMY**



DoD personnel are targets for foreign intelligence and terrorist organizations as sources of defense information.

SAEDA training is a yearly requirement for all DA personnel.

Army Family Covenant Update

For Soldiers, financially strong equals Army Strong

Madelyn Mercado

Financial Readiness Program

Financial planning within the Army is critical to all Soldiers. The Financial Readiness Program at Army Community Services is committed to the Army Family Covenant and offers services to help Soldiers and their families with their financial and consumer affairs.

As part of the Army Family Covenant, the FRP collaborated with local consumer credit counseling agencies to assist Soldiers and their family members with debt liquidation and with the Better Business Bureau and the South Carolina Department of Consumer Affairs to help them with consumer advocacy.

The staff of the FRP is working very hard to reach out to ensure Soldiers and their family members are aware of the benefits of learning how to build wealth, reduce debt and be consumer savvy.

FRP offers free financial counseling, free assistance with debt liquidation, a financial literacy program (classes on subjects such as managing personal finances, budgeting and record keeping, credit, identity theft, car buying, home buying, insurance, consumer scams, predatory lending, consumer rights and responsibilities, understanding the Thrift Savings Plan, and others) and emergency financial assistance.

All counseling and debt liquidation as-

sistance services are confidential, unless the unit commander refers a Soldier.

This program is here for everyone and not just for those who are currently experiencing financial challenges. Financial counseling is not always sought by people who are experiencing financial problems. Many service members seek assistance to ensure they are on the right financial track and to ensure they learn as much as they can to be informed consumers.

The following class is now available: Levy (Phase II) Brief, 2:30-3:30 p.m., Dec. 3, 10 and 17 at the Strom Thurmond Building, Room 213.

For more information on consumer or money matters, call 751-5256.



Today

Southern Style Lunch

Buffet, from 11 a.m. to 2 p.m. at the Officers' Club. The buffet is open to the public.

Visit

Century

Lanes for food, fun and bowling.

Magraders Pub is open for lunch for family members from noon to 4 p.m., Thursdays.

Friday

Play **Victory Bingo** and win prizes up to \$15,000. There are guaranteed \$50 payouts.

Artistic Expression with Jake begins 6:30 p.m. at the Youth Center Teen Room.

Dance to a variety of music provided by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub, and the cover charge is \$3 for military and \$5 for civilians.

Every Friday is **Fish Fry Friday** at the Officers' Club, from 11 a.m. to 1:30 p.m. Lunch at the Officers' Club is open to everyone.

Saturday

Step Team practice begins 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. Event features live broadcasts from the BIG DM 101.3 with giveaways 9:30-11 p.m.

Go **holiday shopping at Concord Mills**. Meet at 8

a.m. at Marion Street Station. Trip costs \$10.

Sunday

Come to **brunch** from 11 a.m. to 2 p.m. at the Officers' Club.

Enjoy **Family Day at the Youth Center**, 2-6 p.m.

Monday

The NCO Club presents a **full lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for \$7.

Tuesday

Movie Night begins 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magraders Pub.

Wednesday

Be a sensation with **Karaoke with Tom Marable** at **Magraders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

Ongoing Offers

- The NCO Club lunch buffet is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.

- The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.

- The Officers' Club specializes in catering wedding receptions, anniversaries, promotions and other special occasions.

- The NCO Club caters to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays,

weddings, graduation, retirements and other special occasions.

- **Victory Travel** has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$28 per ticket, and Six Flags, \$27 per ticket, for the 2008 season. Some offers require reservations. For more information, visit Victory Travel in the MG Robert B. Solomon Center.

- **Child, Youth and School Services** provides child care and youth programming on Saturdays at no cost for active duty parents who must work to meet mission requirements and for National Guard and Reserve Soldiers during Battle Training Assembly. Care is offered from 5 a.m. to 6 p.m. at multiple locations.

For more information about:

— Registration, call 751-4865.

— Six weeks-kindergarten, call 751-6221/6230.

— Grades 1-5, call 751-1136/6387.

— Grades 6-12, call 751-3977/6387.

— Child Development Home serving children between 6 weeks and 12 years old, call 751-7169/7170.

- Enjoy resort accommodations for two to six people for less than one would pay for most hotels with the **Armed Forces Vacation Club**. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No.164.

- **Child care** fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on a family's ability to pay a fair share. The Army makes no profit, but funds the difference in what is paid and the actual cost of child care. For more information, call 751-4865.

HEALTH

Quitting smoking is the best thing to do for one's health

Kenneth L. Cobb

MACH Health Promotion Coordinator

Did you know that tobacco use is the single largest preventable cause of disease and premature death in the United States?

Are you aware that each year smoking accounts for 438,000 premature deaths, and that 38,000 nonsmokers die as a result of exposure to secondhand smoke (American Cancer Society Cancer Facts and Figures 2007)? Tobacco causes heart failure, bronchitis, emphysema, kidney cancer, lung cancer and mouth cancer. Also it contributes to erectile dysfunction and many other health issues.

The healthiest thing people can do for themselves is to give up tobacco. I know this. I smoked for 26 years before giving it up.

During the time I smoked, I incorporated it into many aspects of my life. I smoked with my cup of coffee. I smoked after a meal. I smoked with an alcoholic beverage. I smoked for all occasions. In all actuality, if smoking did not pose a health risk, I'd probably still be smoking, because I enjoyed having a smoke. But I am getting ahead of myself. Let me go to the beginning of my story.

I retired from the U.S. Army in 1992. From a physical stand-point, I could do it all. After leaving the Army, I continued to run, do sit-ups and push-ups, and play softball and racquetball.

I had always been active and wanted to remain that way. Well, I began my new career working for the University of Maryland Medical Systems, Division of Transplantation as a transplant financial coordinator.

I found myself working intimately with people who were candidates and recipients of heart, kidney, liver, lung and pancreas transplants. Many of the candidates' and recipients' health problems were brought on by their use of tobacco. What I saw scared me enough to immediately quit tobacco cold turkey. I smoked my last cigarette September 1992.

I worked in that transplant program for more than seven years. By the time I left, I had worked closely with several thousand people.

During this time, there were always two things that came out of the mouths of the many transplant candidates I assisted. One was that they miss their better health, and two, they missed their independence and freedom.

Unfortunately, when people lose their good health, there are times when they are incapacitated and must depend on others.

Upon leaving the transplant program, I began working for the Social Security Administration, Office of Disability, Medical and Vocational Policy Branch. I was employed as a medical and vocational policy analyst.

My job was to draft and update the agency's disability policies. In this position, I reviewed numerous medical records of people who had applied for disability. Again, I was working with people whose health had failed.

In the back of my mind, I always thought it would be great to promote healthy lifestyles, so that I could help people maintain their health.

Then one day the opportunity came. I was hired by the U.S. Army in Korea as a health promotion coordinator. I

began to preach the gospel of good health.

I have been tobacco-free for 16 years. Fortunately, my health is good and I continue to run three miles five or six times a week. I am sure that my quitting tobacco helped me to remain healthy. Three months ago, I began working at the Moncrief Army Community Hospital in the Department of Preventive Medicine as the health promotion coordinator.

I like this job, because it allows me to continue reaching out and touching people with health information that could prevent them from losing their good health. After working with people whose health has failed, I know how important it is to maintain good health.

It is important that we do as much as possible to maintain our health. Exercising, eating healthy, weight management and managing stress in our lives are important. However, quitting tobacco is the healthiest single thing a person can do for him or herself.

From 11 a.m. to 1 p.m., today, I will be reaching out to help people quit using tobacco in support of the Great American Smokeout at the Fort Jackson Main Post Exchange. If you are interested in quitting tobacco, come to the PX or call 751-5035 to learn about our tobacco cessation program.

Editor's Note: *Kenneth L. Cobb served in the U.S. Army as a medical corpsman for more than 20 years. He received a bachelor's degree in Behavioral and Social Sciences from University of Maryland University College, a master's degree in Administration from Central Michigan University, and a M.Ed. in Rehabilitation Counseling from Coppin State University.*

New pharmacy opens



Photo by Nichole Riley, MACH Public Affairs Officer

Col. Nancy Hughes, Moncrief Army Community Hospital commander, center, catches the bow at the pharmacy's grand opening Friday. The pharmacy has been upgraded with state-of-the-art equipment and is now located at the ground floor entrance.

Vaccine Shortage

Moncrief Army Community Hospital has been unable to acquire injectable flu vaccine approved for patients 4 to 18 years old. Pediatric Clinic staff is able to immunize children up to age 3 using vaccine approved for children only up to 3 years old. The clinic is open 9-11 a.m. and 1-3 p.m., Monday through Friday at the Family Health Clinic. At the commissary flu drive, injectable vaccine is available for patients 18 and older. The Flumist is also available, which is for children and adolescents not immunized in the Pediatric Clinic (4-18 years of age). However patients ineligible for Flumist must wait until we are able to acquire age-appropriate vaccine.

Warrior Spotlight



Soldier: Staff Sgt. David Gavula
MOS: 11B, Infantry
Hometown: North Kingstown, R.I.
Marital Status: Married
Children: One son, 15 months old
Hobbies: Family time and paintball (when he is able to play again)

Now assigned to the Fort Jackson Warrior Transition Unit, Staff Sgt. David Gavula was deployed twice with the 173rd Airborne Brigade, Vicenza, Italy. He was deployed first to Iraq, then to Afghanistan. He is recovering from post traumatic stress disorder and several bodily injuries he received while deployed. His focus today is to heal and transition to a new military occupational specialty, and eventually, back into civilian life.

Thank you for your service.

Health Talks

To have a professional staff member from MEDDAC address a group on health care subjects or preventive medicine, call the health promotion coordinator at 751-5035 or the Department of Quality Management at 751-2501.

CHALKBOARD

Military students may apply for district programs

Ruth Russell

Army School Liaison

Though Richland District Two students are assigned to schools based on their residential address, they may apply to a magnet school, a school with a magnet program or another school within the district through the Expanded Choice program.

This program offers parents and students residing in Richland District Two the opportunity to request permission to attend a school other than their residentially assigned school.

Parents may apply electronically each January for placement that will take effect the following school year. On-post students currently in sixth grade may apply for another school or a magnet.

On-post students currently in fifth grade may apply for magnets only. Some schools may be closed to Expanded Choice, however the district currently does not know which schools will be affected in the 2009-10 school year.

For more details about the Expanded Choice Program and videos of the various schools and magnet programs, go to <http://www.richland2.org/content.aspx?id=177>

2009-2010 Choice Timeline (magnet and expanded choice)

Choice Fair (featuring Magnet Programs), Spring Valley High School auditorium, 6:30-8 p.m., Dec. 3

Choice application process begins online, Jan. 5

Choice application process ends online, Jan. 30

Choice acceptance notifications posted, March 16

Parents accept or decline choice online, March 16-23

Orientation dates (for rising sixth graders and

Choice process (magnet and expanded choice))

Information regarding individual school and magnet programs will be provided during orientations. Refer to the schedule listed below.

All informational meetings begin at 6:30 p.m.

Jan. 6, Dent Middle School cafeteria, school and magnet information meeting: TLC, TWO academies-single gender, FAME

Jan. 7, Summit Parkway Middle School gymnasium, school and magnet information meetings: The Academy of Exercise Physiology and Sports Medicine

Jan. 8, Richland Northeast High School auditorium, magnet information meeting: Center for Accelerated Preparation

Jan. 12, Blythewood Middle School gymnasium, school information meeting

Jan. 12, Spring Valley High School auditorium, school and magnet information meeting: Discovery and Explorations

Jan. 13, Ridge View High School auditorium, school and magnet information meeting: The Institute for Bio Health Sciences and The Institute for Allied Health Sciences

Jan. 13, Conder Elementary School cafeteria, Arts Integrated Magnet information meeting

Jan. 14, Lonnie B. Nelson Elementary School, town hall magnet information meeting: Academy for Civic Engagement

Jan. 14, Richland Northeast High School auditorium, school and magnet information meeting: Horizon, iLink, PCA and Convergence Media

Jan. 15, Blythewood High School auditorium, school

information meeting

Jan. 20, Spring Valley High School auditorium, school and magnet information meeting: Discovery and Explorations

Jan. 20, Center for Knowledge multipurpose room, magnet information meeting

Jan. 20, Kelly Mill Middle School gymnasium, school and magnet information meeting: Kelly Mill, INC.

Jan. 21, E. L. Wright Elementary School gymnasium, school and magnet information meeting: Leadership at Wright

Jan. 22, Center for Inquiry, magnet information meeting

Jan. 22, Ridge View High School auditorium, school and magnet information meeting: The Institute for Bio Health Sciences and The Institute for Allied Health Sciences

Jan. 26, Dent Middle School cafeteria, school and magnet information meeting: TLC, TWO Academies-single gender, FAME

Jan. 26, The Montessori School at Spears Creek Road Child Development and Pontiac Elementary, Pontiac Media Center, Montessori School information meeting

Jan. 27, Blythewood High School auditorium, school information meeting

Jan. 27, Center for Achievement computer lab, magnet information meeting

Jan. 27, Longleaf Middle School gymnasium, school information meeting

Jan. 28, Richland Northeast High School auditorium, school and magnet information meeting: Horizon, iLink, PCA and Convergence Media

Jan. 29, Forest Lake Elementary School cafeteria, Technology Magnet information meeting



Fort Jackson Schools

School board elections, today.

Thanksgiving dinner, today.

Thanksgiving break is Nov. 26-28.

Winter break is Dec. 22 to Jan. 2.

Richland District One

Interim reports issued Tuesday.

A **School Board Meeting** is scheduled for 7 p.m., Tuesday at Olympia Learning Center. Parents are welcome.

Thanksgiving break is Nov. 26-28.

Winter break is Dec. 22 to Jan. 2.

Richland District Two

A **School Board Meeting** is scheduled for 7 p.m., Tuesday at Round Top

Middle School. Parents are welcome.

Thanksgiving break is Nov. 26-28.

Elementary interim reports issued Dec. 3-5.

A **School Board Meeting** is scheduled for 7 p.m., Dec. 9 at the district auditorium. Parents are welcome.

Middle/high school interim reports issued Dec. 11-16.

Winter break is Dec. 22 to Jan. 2.

Dent Middle School Civil Air Patrol is asking for **old BDUs/ACUs** for its program. Call 699-2750 ext. 72007 for more information.

Fort Jackson Homeschoolers

A **get-together** for home-schooled students is planned for 11 a.m., Tuesdays for various activities. For more information, call 419-0760.

The South Carolina Association of Independent Home Schools is offering a free get-started workshop for those interested in home schooling from 7-8:30 p.m., Dec. 11 at 930 Knox Abbott Drive,

Cayce. For more information or to register, call 454-0427 or e-mail SCAIHS@scaihs.org.

College

The South Carolina Commission on Higher Education has launched a **college information hotline** for students and families. For up-to-date college information, call (877) 349-7183, 5:30-8:30 p.m., Tuesdays-Thursdays.

Announcements

Partnerships in Education is sponsoring a movie contest for middle- and high-school students titled "Real Life at My School." The purpose is to introduce new students from military families to area schools. Details and applications are available in the Child, Youth and School Services Central Enrollment Office or online at http://fortjacksonmwr.com/school_liaison. Submissions are due Jan. 7.

Soldiers may request to **remain in a**

current duty assignment until his or her high school student graduates. To make the request, Soldiers must submit DA Form 4187 through his or her chain of command to Personnel Command. For more information, call (703) 325-4422/5191.

Scholarships

Scholarships for Military Children, www.militaryscholar.org, applications due Feb. 18.

Major General James Ursano Scholarship Fund for Dependent Children, www.aerhq.org, applications due March 1.

Bernard Brown Space Camp Scholarship for students in sixth through ninth grades, www.militarychild.org/spacecamp.asp, applications due March 10.

Editor's Note: For more information on Army School Liaison Services, call 751-6150 or e-mail Ruth.C.Russell@us.army.mil.

CHAPEL

Focus on God during the holiday blur

Chaplain (Capt.) Steven Mickel
193rd Infantry Brigade

We are about to enter the time of year affectionately known as the “holiday season.”

It is a long-anticipated period of four-day weekends, family time and reunions, good cooking (and eating) and gift-giving.

Our hearts seem to prompt us to renew our generosity toward others, and “goodwill to men” becomes more than a slogan. Pumpkin pie, football, crisp nights, warm fires, caroling and crowded malls are among our own fond memories of this time of year.

But it can also be a time of great stress: long drives in crowded cars with ornery kids, too many desserts ruining our diet, fighting traffic and the oppressive January hang-over from credit card bills.

Family reunions can also create more confusion than joy, and our hope for peace in our relationships can be shattered as old wounds become fresh again. Are you eagerly looking forward to this time of year, or dreading its arrival and praying it will pass quickly?

Why do we go through this anxiety anyway? And how can we prevent this year from being the same old holiday season? Let me suggest a few changes to the familiar autumn holiday routine.

First, be thankful at Thanksgiving. Our forefathers may not have had cable, satellite TV or microwave stuffing, but they did know how to thank God for family, friends and plentiful food.

If someone feels buried under holiday sale flyers and the stress of what to buy people for Christmas, he or she should take a break and try this exercise: Get out a piece of paper and write down everything for which to be thankful in the past year.

My list would include my wife Anne, my family, our dogs, friends, a beautiful home and the enjoyable job of ministry in the Army.

What’s on your list? When you’re done, share it with someone close. It can really change a person’s focus from what he or she doesn’t have and wishes he or she had, to what he or she already has.

Secondly, add Christ back into Christmas. Be amazed that God would leave his home of glory and perfection and be born into our world as a helpless baby in a smelly cattle stall. Why would he do that? Because he has a radical, endless, passionate love for people who generally ignore him — or worse — curse his name. His great desire is to enjoy an intimate, personal relationship with each person.

So he came to earth to forgive us and remove the bar-

rier of sin that stands between each of us, very imperfect beings, and the perfect God. He’s knocking on the doors to our hearts. All we need to do is answer.

We spend a lot of time buying and wrapping and giving presents to others, and this is good. The three kings and the little drummer boy gave presents to Christ — what will you take to the king? What will be your present to Jesus this Christmas?

Finally, be humble at New Year’s. Why humble? What does that have to do with bowl games, leftovers and hang-overs? Despite the cold winter nights and gray landscape, New Year’s reminds us that 2009 brings new chances and fresh starts.

Though New Year’s is not a religious holiday, it may as well be one, because it reminds us once a year of what God can do for us daily — provide us with a fresh start.

Really? Even me? A do-over in my marriage? With my kids? With my boss? Yes.

For those who pursue this crazy thing called forgiveness, humility comes easily, and New Year’s takes on a fresh significance.

Turkeys, Christmas trees and a fresh start. Go ahead, give it a shot. Try it out. Be thankful, be amazed, and experience the fresh breeze of forgiveness in the heart. May God bless you and your loved ones this holiday season.

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| <div><div><div>Worship & Praise</div></div></div> | |
| <div>Protestant</div> <div><div>■ Sunday</div><div>8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)</div><div>8 a.m. Bayonet Chapel (Hispanic)</div><div>9 a.m. and 10:30 a.m. Magruder Chapel</div><div>9:30 a.m. Main Post Chapel</div><div>10:45 a.m. Post-wide Sunday School (Main Post Chapel)</div><div>11 a.m. Daniel Circle Chapel</div><div>11 a.m. Memorial Chapel</div><div>11 a.m. Chapel Next Chaplain School</div><div>■ Wednesday 7 p.m. Gospel Mid-week Service Daniel Circle Chapel</div></div> <div>PROTESTANT BIBLE STUDY</div> <div><div>■ Monday</div><div>7 p.m. Women’s Bible Study (PWOC — Main Post Chapel, Class 209)</div></div> | <div><div>■ Wednesday</div><div>7 p.m. Anderson Street Chapel</div><div>7 p.m. Daniel Circle Chapel</div><div>7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)</div><div>■ Thursday</div><div>9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)</div><div>6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)</div><div>7 p.m. LDS Bible Study (Anderson Chapel)</div><div>■ Saturday</div><div>8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)</div></div> <div>PROTESTANT YOUTH OF THE CHAPEL</div> <div><div>■ Sunday</div><div>5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)</div><div>■ Wednesday</div><div>6:30 p.m. Main Post Chapel</div></div> |
| <div>Catholic</div> <div><div>■ Monday-Friday</div><div>11:30 a.m. Mass (Main Post Chapel)</div><div>■ Sunday</div><div>8 a.m. Mass (MG Robert B. Solomon Center)</div><div>11 a.m. Mass (Main Post Chapel)</div><div>9:30 a.m. Mass (120th AG Battalion Chapel)</div></div> | <div>9:30 a.m. CCD (Education Center)</div> <div>9:30 a.m. Adult Sunday School</div> <div>12:30 a.m. Catholic Youth Ministry</div> <div>■ Wednesday</div> <div>7 p.m. Rosary</div> <div>7:30 p.m. RCIA/Adult Inquiry</div> |
| | <div>Lutheran/Episcopalian</div> <div><div>■ Sunday</div><div>8 a.m. Memorial Chapel</div></div> |
| | <div>Islamic</div> <div><div>■ Sunday</div><div>8-10 a.m. Islamic Studies (Main Post Chapel)</div><div>■ Friday</div><div>12:30-1:45 p.m. Jumah Services (Main Post Chapel)</div></div> |
| | <div>Jewish</div> <div><div>■ Sunday</div><div>9:30-10:30 a.m. Memorial Chapel</div><div>10:30-11:30 a.m. Jewish Book Study (Post Conference Room)</div></div> |
| | <div>Church of Christ</div> <div><div>■ Sunday</div><div>11:30 a.m. Anderson Chapel</div></div> |
| | <div>Latter Day Saints</div> <div><div>■ Sunday</div><div>9:30-11 a.m. Anderson Street Chapel</div></div> |
| | <div>Addresses, phone numbers</div> <div><div>Daniel Circle Chapel</div><div>3359 Daniel Circle, Corner of Jackson Boulevard, 751-4216</div><div>Main Post Chapel</div><div>4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469</div><div>Bayonet Chapel</div><div>9476 Kemper St., 751-4542</div><div>Family Life Chaplain</div><div>4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780</div><div>Anderson Street Chapel</div><div>2335 Anderson St., Corner of Jackson Boulevard, 751-7032</div><div>Education Center</div><div>4581 Scales Ave.</div><div>Magruder Chapel</div><div>4360 Magruder Ave., 751-3883</div><div>120th Rec. Bn. Chapel</div><div>1895 Washington St., 751-5086</div><div>Memorial Chapel</div><div>4470 Jackson Blvd., 751-7324</div><div>Chaplain School</div><div>10100 Lee Road, 751-8050</div></div> |

SPORTS/FITNESS

Army leads conference with five honorees

Army Athletic Communications

CENTER VALLEY, Pa. — The Army volleyball team led all Patriot League teams with five players earning an all-league nod, conference officials announced Tuesday afternoon.

Senior Jamie Clark and junior Maureen Bannon earned first team laurels, while seniors Briana Stremick, Elizabeth Lazzari and Rachael Breinling landed on the second team.

“I am so proud of all five of these outstanding ladies for their accomplishments,” said second-year head coach Alma Kovaci. “They put all of their energy and focus into practice every day and for these five players to get this kind of recognition is really a testament to their work ethic and dedication to this program. I couldn’t ask for a more hard-working group.”

“The talent in the Patriot League has grown tremendously over the last few years,” Kovaci added. “For Army to get five all-league recognitions speaks volumes about this program and the respect that it has built over the last few seasons.”

American, which shared the regular-season crown with Army this fall, copped three all-league players, while Colgate added three. Two Bucknell players made the second team, while Navy’s Alexa Gibbs rounded out the group.

For the third-straight season, Clark earned placement on the Patriot League’s first team.

The Pueblo, Colo., native has led the Patriot League in hitting percentage over the last two years and currently stands first in the league and seventh in the nation with a .418 mark. In a 3-0 victory over Navy last Friday night, Clark broke the Army record for career blocks.

She also leads the conference with 0.94 blocks per set. Her team-high 87 total blocks brings her career number to 335.

Joining Clark with her first career first-team nod, Bannon has been the Patriot League’s leader in assists for the majority of her three years at Army. She currently leads the league and ranks 33rd in the na-

tion with a 10.87 assists-per-set average. The two-time Baden Patriot League Player of the Week has also perfected a potent jump serve that has resulted in a team-high 44 service aces this season.

At 0.51 aces per set, Bannon lands third in the league and 13th in the country, helping an Army club that is currently eighth in the nation with a 1.84 aces-per-set mark. A two-time Setter of the Year, Bannon earned second team plaudits in 2006 and 2007.

Breinling and Clark have teamed-up to form a formidable middle attack for Kovaci this season. This marked Breinling’s second-straight first team selection.

She is currently third in the league in hitting percentage (.366) while sitting third on the team in kills (2.73 per set) as well. Breinling has contributed 257 kills during a standout senior season, which has included 12 double-digit kill efforts.

Lazzari is coming off a stellar finish to the regular-season, earning Baden Patriot League Player of the Week honors on Monday afternoon.

She totaled eight of her 30 blocks this season during Army wins over Navy (Nov. 14) and American (Nov. 15). One of the top all-around players in the Patriot League, Lazzari is averaging 2.73 kills per set to go with 2.71 digs per set.

She has eight double-doubles (kills, digs) on the year thus far. A first team all-league member in 2006, Lazzari became just the third player in Army history to record 1,000 kill and 1,000 digs in her decorated career.

After a seamless transition from the middle to right side for her senior year, Stremick has responded with a team-high 3.04 kills per set.

She owns 15 double-digit kill matches this year and was one of three Army players to earn Baden Patriot League Player of the Week honors this fall.

Stremick’s .287 hitting percentage ranks seventh in the league, while she is second on the team with 71 total blocks (0.76 per set).



Photo courtesy Army Athletic Communications

Senior Jamie Clark garnered first team All-Patriot League honors for the third straight season.

With a sparkling 26-3 overall record, the 2008 Army volleyball team has posted the best winning percentage in the program’s 31-year history.

The .897 mark is currently the fourth-

best in NCAA Division I volleyball. The Black Knights earned a share of the Patriot League regular-season crown, matching American with a 13-1 conference record.

Sports Briefs

Sports Banquet

The Sports Banquet is scheduled for 11:30 a.m., Dec. 10 at the MG Robert B. Solomon Center. For more information, call 751-3096.

Volunteer Cheerleading Coaches

Volunteer youth cheerleading coaches are needed. Experience is desired, but not mandatory. Volunteers get the “coaches discount,” when their

children also play sports — 100 percent for the first child; 50 percent for siblings. For more information or to volunteer, call 751-5040.

Youth Basketball, Cheerleading

Registration will be accepted until Monday for youth basketball and cheerleading. The season for both runs December through February. Practices will be once a week for 4-7 year olds and twice a week for 8-18 year olds. Games are played on Saturdays. The fee for basketball is \$40 for the first child and \$36 for siblings and includes a jersey, shorts and a trophy. The fee for cheerleading is \$30 for the first child and \$27 for siblings and includes a skirt, a top and a trophy.

***For youth sports,
call 751-5610/5040;
For golf information,
call 787-4437/4344;
For sports information,
call 751-3096.***

LEGAL

New process for transportation claims

Full replacement value protection offered in some circumstances

Sgt. Ronald Pierce

Fort Jackson Claims Office NCO

Service members and Department of Defense civilians are now entitled to receive the Full Replacement Value protection on most household good shipments.

To be eligible for FRV, shipments must have had a pickup date on or after Oct. 1, 2007 if outside the continental United States and Nov. 1, 2007 within CONUS. Shipments in non-temporary storage or a local move must have had a pickup date on or after March 1. There are two options when filing under the FRV program.

Filing directly with the carrier

Under the FRV program, the claimant must file the claim with the carrier within nine months of delivery. The carrier will settle the claim by repairing or paying to repair the damaged items. The carrier will also pay the undepreciated replacement cost for items that are missing. Items such as firearms, pianos, ATVS, personal watercraft vehicles, motorcycles and other large items are not covered by the FRV. The carrier will not replace items such as collectible figurines, antiques, collectible plates, baseball cards, comic books and coin or stamp collections with new ones.

On a full replacement value claim, the carrier is liable for the greater of \$5,000 per shipment or four times the net weight of the shipment (in pounds), up to a maximum limit of \$50,000.

If the claimant believes the full replacement value of the property is more than \$50,000, he or she may be able to obtain additional FRV coverage at his or her expense from a private insurance company or from the carrier, if the carrier offers additional coverage.

In addition, if the claimant files the claim directly with the carrier within nine months of delivery, the carrier will be responsible for obtaining all repair cost estimates from reputable repair firms or replacement estimates when items are not repairable.

If the claimant files the claim directly with the carrier more than nine months after delivery, the carrier will only pay depreciated replacement or repair cost, whichever is less. Also, the carrier will not be responsible for obtaining repair or replacement estimates and the carrier will not pay more than 1.25 times the weight of the shipment. For example, if a claim is filed on a 10,000 pound shipment 10 months after delivery, the carrier would not be required to pay more than \$12,500.

Finally, if the claimant files a claim directly with the carrier by mail, he or she should send claims to the carrier by certified mail so there is a record of the date on which the claim was submitted. Once the carrier receives

the claim, the carrier will have 30 days to make the payment.

Filing the claim with the military claims office

A claimant may still file a claim directly with the Fort Jackson Claims Office. With this option, the claimant gives up his or her rights to have the carrier settle the claim on the basis of full replacement value. The Fort Jackson Claims Office will settle the claim by paying the depreciated replacement or repair cost, whichever is less.

In most cases, the claimant will be able to obtain more money for less work if the claim is filed directly with the carrier within nine months of delivery. The Fort Jackson Claims Office is available to assist claimants in filing a claim and DD Form 1840R (the pink form the carrier provides upon delivery of the shipment) with the carrier, and can advise whether an offer from the carrier is a fair offer.

If the claim is filed directly with the carrier within nine months of delivery and the claimant is dissatisfied with the carrier's final offer, or if the claimant does not receive a final offer within 30 days, he or she may transfer the claim to the Fort Jackson Claims Office. The Army cannot pay the full replacement value immediately. On transferred FRV claims, the Army will pay the depreciated replacement cost or repair cost, and then try and recover the full replacement value from the carrier. Once the Army has recovered the full replacement value from the carrier, the Army will then pay the difference between what it recovered from the carrier and the amount it has already paid.

Notice of loss or damage

Providing prompt notice of loss and damage is still an essential part of the new claims process, whether the claim is filed directly with the carrier within nine months to get FRV, or filed with the claims office.

The claimant must ensure the carrier's delivery agent lists all loss and damage discovered at delivery on the DD Form 1840 (the pink form the carrier provides upon delivery of the shipment).

Any loss or damage discovered after delivery must be listed on the DD Form 1840R (listing all damage discovered after delivery) and either mailed directly to the carrier within 75 days of delivery (preferably by certified mail) or submitted to the Fort Jackson Claims Office within 70 days of delivery so that the claims office can dispatch it to the carrier within the 75 day limit.

Submitting the DD Form 1840R merely gives the carrier notice that a claim may be submitted. It is not the same as filing a claim. The carrier has the right to inspect

Operation Hours

Fort Jackson's Legal Assistance Office, located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, is open 9 a.m. to 4 p.m., Monday through Thursday.

For appointments, call 751-4287. The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-4 p.m., Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

the damaged items once it receives the notice forms. Normally, the carrier will arrange to inspect the goods within 45 days of receipt of the DD Form 1840R, but it has the right to inspect damaged items up until the claim is finally settled. If the claimant has not heard from the carrier at the end of that time, please call Fort Jackson Claims Office for further instructions.

If retaining these items for long periods will cause a hardship or if the claimant wants to keep any of these items, please call us as soon as possible. If the carrier is prevented from claiming an item for salvage, the carrier may reduce its payment for that item by 25 percent, regardless of the actual condition of the item.

Remember that although there is no additional cost for FRV coverage under the new program, a claimant must file a claim directly with the carrier within nine months of delivery to receive FRV. This is in addition to filing the DD Form 1840R within 75 days of delivery. Regardless of whether the claim is filed directly with the carrier or with a military claims office, the claimant must file a claim within two years of delivery. Although there are some very limited exceptions to this requirement, they are rarely approved.

When goods are delivered, the carrier will provide instructions on where to mail the claim if filed directly with the carrier. The carrier will also indicate what information must be submitted with a claim.

The carriers will also use the DD Form 1844 to list each item that was lost or damaged. The claimant may mail or take the claim to the Fort Jackson Claims Office, to file directly with the military, or for assistance in filing with the carrier.

The Fort Jackson Claims Office is located at 9475 Kershaw Road and accepts walk-ins from 9 a.m. to 4 p.m., Monday through Friday, or for more information, call 751-5096.